SPRINT STRENGTH TRAINING PLAN

Welcome to the strength weight training document. This will be updated throughout the year. When it comes to moving heavy things around the number one concern is always safety. Below are some things to note and some info about weight training to help make sure you stay healthy and ready for competing.

First, the weights that are listed are NOT the weight that you should be doing. It is an example weight for a fairly strong sprinter. The weight, however, is scaled proportionality so that it's easier for you to predict your weight based on what workouts you've already done. My biggest tip is to start low and work your way up to higher weights as you feel more comfortable. Remember that form is always the most important, followed by your reps, and then the weight that you move.

FORM > REPS > WEIGHT

Second, In between sets please take some time to let your muscles recover. Just 30 seconds or so is enough to hit each set with a good strong effort. It can be tempting to blow through this rest, but I encourage you to take your time and respect the rest to get the most out of your workouts.

SAFETY AND EXPECTATIONS

WARM UP

Warm up sets are very important no matter what exercise. In the plan sometimes warmup or progressions are called out, but if not doing a warmup set at a lighter weight is never a bad idea.

KNOW YOUR BODY

Pain is gain, but it has to be the right kind. That tight soreness you feel working out is good, it means we're building muscle, but that throbbing or sharp pain you feel is not. Take it easy and know when you're feeling the burn or when you're hurting yourself.

PREPARE

Water intake is sometimes overlooked but ever so important at the gym, bring a water bottle and drink between sets. Stretching out before and after the gym can also set you up for success.

DON'T BE AFRAID

When it comes to working out there are so many things to be afraid of, but don't let them stop you. It's ok to not know how to use a machine or how to do an exercise. Ask me, a teammate, or the guy standing by you in IM west. We will all be happy to help out.

MS